

## ABSTRACT

To recover resin used in an optical disk 10 in high purity and with ease in recycling an optical disk.

A method for recycling an optical disk of the present invention  
5 includes an abrading step and a peripheral face removing step. The  
abrading step abrades a recording surface 31, opposite to a reading surface 30  
where a substrate 11 of the optical disk 10 is exposed, until the substrate  
becomes exposed. Further, the peripheral face removing step removes  
portions adjacent to an outer peripheral face 32 and an inner peripheral face  
10 33.